

SENIOR CENTER NEWSLETTER



A MESSAGE FROM YOUR COMMUNITY SERVICES STAFF



Hello to all of our San Bruno Senior Center friends. This newsletter contains some educational information on staying healthy and a few games to keep your mind sharp. We also included another recipe from Fabi's Kitchen. If you prepare the recipe, please let us know how you liked it! We are planning some outdoor sports activities to begin in June. Check inside this newsletter for sign up information. We are working on a plan to reopen in stages in compliance with guidance issued by the State of California and San Mateo County. We look forward to the day we can welcome you all back into the Center.

Community Services Staff

"I can't stop long enough to grow old. I'm just gonna be the best that I can be at whatever age I am"

Dolly Parton, 75

"Imagine if cookies could bring peace. Worth a try."

Cookbook Author
Dorrie Greenspan

ZOOM MOTHER'S DAY DANCE PARTY WITH "HAVE A PARTY PROS"

Thursday, May 6 2:00-3:00pm

Celebrate Moms with a fun dance party! We will be singing and dancing to our favorite music. Join Joe and Kathy for a fun Zoom party you don't want to miss!

Please call or email Mary Tessier to pre-register: mtessier@sanbruno.ca.gov; 650-616-7152 and you will get a reminder email.

Zoom Meeting ID: 941 5130 0918

Password: dance

ZOOM BINGO

We know you've been missing BINGO! The Senior Center staff is hosting two BINGO events in May. You can pick up BINGO papers from the Senior Center prior to the event and then sign on to Zoom on the scheduled date. There will be small gift prizes for winners. These are free events and no money will be exchanged for prizes. Questions? Call 650-616-7150. Sponsored by the San Bruno Nutrition Site Council Non-Profit.

Thursday, May 13 — 2:00-3:15pm

Pick up your BINGO pack at the Senior Center on 5/10 or 5/11 from 11:30am– 12:30pm

Join Zoom BINGO:

Meeting ID: 927 3468 4926

Passcode: bingo

Wednesday, May 26 — 2:00-3:15pm

Pick up your BINGO pack at the Senior Center on 5/24 or 5/25 from 11:30am– 12:30pm

Join Zoom BINGO:

Meeting ID: 932 5415 5007

Passcode: bingo

OUTDOOR SPORTS

Bocce: There will be a league on Monday morning and Tuesday afternoon. Teams will be 2 people. Masks will be required and hand sanitizer will be available at the court. Call the Senior Center 650-616-7150 or email Mary: mtessier@sanbruno.ca.gov by May 17, 2021 if you want to participate. Please indicate team members names, phone numbers and email, if available, and which day you prefer to play. Leagues will begin on the week of June 7th.

Softball: Interested players (50+) will resume practice and play in June on Thursday mornings from 9:30 am – Noon at Lion's Field. New players, male and female, are encouraged to join for some fun and exercise. Masks will be required and hand sanitizer will be available in the dugout. For more information, call Mary at 650-616-7152 or email mtessier@sanbruno.ca.gov

Horseshoes: There will be a league on Wednesday mornings at Beckner Shelter in San Bruno City Park. Teams will be 2 people. Masks will be required and hand sanitizer will be available at the court. Call the Senior Center 650-616-7150 or email Mary: mtessier@sanbruno.ca.gov by May 17, 2021 if you want to participate. Please indicate team members' names, phone numbers and email, if available. The league will begin on June 2nd.

TEA AND TRIVIA

Tuesday, May 11 — 2:00–3:00pm

Make your drink of choice, pull up a chair and join your favorite senior center staff for Trivia fun Jeopardy style.

Join the Zoom Meeting

Please call or email Mary Tessier to pre-register: mtessier@sanbruno.ca.gov;

650-616-7152 and you will get a reminder email.

Meeting ID: 966 2057 6236

Passcode: trivia





TIME IN NATURE WITH DOUG McCONNELL

Thursday, May 6, 2021

10:00am Presentation

10:30am Live Q & A with Doug

Join Doug McConnell for a virtual chat about the power of “time in nature” to help us build resilience and strength over the course of our lives. Following the presentation, Doug will engage with the audience for a question and answer session. Pre-registration is required for this unique opportunity.

Visit tinyurl.com/2021-OAM to register. If you have questions, contact the staff at the San Bruno Senior Center at 650-616-7150.

ZUMBA GOLD WITH KATHY SCHMIDT

Every Friday morning through May 28!

9:45-10:45am

Friday's are for Fun! You asked for it you got it!

Meeting ID: 944 3672 5930



BE HEALTHY BE FIT WITH KATHY SCHMIDT

Wednesday - May 12 at 11:00am

Feel like it's been a while since you've exercised? This class may be perfect for you. Exercises for Healthy Joints. Movement and stretches for Beginners, seated or standing holding onto a sturdy chair.

Join the Zoom Class

Meeting ID: 963 3594 5553



FUN AND FITNESS KATHY SCHMIDT

Wednesdays - May 5, 12, 19, 26 at 9:45-10:30am

This is a low impact class with music from the 40's to today!

Join the Zoom Class

Meeting ID: 944 3672 5930



SAN BRUNO LOOKS UP: LUNAR ECLIPSE!

What happens when the earth casts a shadow on the moon? Learn all about it in preparation for the Lunar Eclipse happening in the early morning hours of May 26. San Bruno Looks Up is supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

For more information see programs.sanbrunolibrary.org starting May 1, and sign up to borrow an eclipse-modelling kit.



MAY IS OLDER AMERICANS MONTH!

Join San Bruno and San Mateo County for this virtual celebration!

Visit tinyurl.com/2021-OAM For class descriptions, registration and more!

Join us as the Bay Area Older Adult Recreation Services (OARS) committee comes together, across three counties, to celebrate Older Americans Month virtually. OARS participating cities will be providing a variety of free virtual workshops between May 6-27. The classes and programs are free but to participate you must pre-register. Please check out the website for more info. If you have questions, please contact the staff at the San Bruno Senior Center at 650-616-7150.

Thursday, May 6

10:00am—Time in Nature with Doug McConnell

2:00pm—Mother's Day Dance Party with Kathy & Joe!

Friday, May 7

10:00am—Brain Health Symposium

11:00am—Country Line Dancing

1:30pm—Cooking Class

Monday, May 10

10:30am—Tai Chi

Tues, May 11

2:00pm—Tea & Trivia Jeopardy style with San Bruno Senior Center staff

Wednesday, May 12

10:30am—Zumba Gold

Thursday, May 13

2:00pm—Mindful Meditation

Friday, May 14

10:00am—California Master Plan for Aging: How Does It Benefit You?

Monday, May 17

2:00pm—Balance & Brains

Tuesday, May 18

9:30am—Go4Life Seniors Functional "Fitness Where You Are"

1:00pm—Frauds & Scams

Tuesday, May 18

9:30am—Go4Life Seniors Functional "Fitness Where You Are"

1:00pm—Frauds & Scams

Wednesday, May 19

9:30am—Music & Motion

11:00am—Gentle Mat Pilates

Thursday, May 20

10:00am—Fall Prevention Workshop

10:00am-2:00pm —Be Strong, Live Long Health & Wellness Fair

Friday, May 21

1:00pm—Virtual Concert by Virtual Companions

Monday, May 24

11:00am—Be Healthy, Be Fit with Kathy Schmidt

Tuesday, May 25

1:00pm—Deer Hollow Farm Virtual Tour

2:30pm—Zumba Party: All Ages

Wednesday, May 26

1:00pm—Universal Class Webinar

3:00pm—"Surfing for Life" Screening and Q & A with Elder Surfers

Thursday, May 27

2:30pm—Stretch & Dance for the Soul

PROTECTING YOUR HEART BY PRACTICING MEDITATION

What is good for the mind tends to be good for the heart. Not only can meditation improve heart health, but practicing mindfulness on a regular basis can improve your outlook on life. Remember that sitting and being still is not the only way to practice meditation. Try these moving meditations for a new spin on mindfulness:

1. **Yoga** – The superpower of yoga comes from the slow movements, controlled breathing and mental focus. It can also train you to breathe during times of stress.
2. **Tai Chi**– Accessible and low-impact, tai chi incorporates slow movements, deep breathing, and awareness of the mind-body connection.
3. **Swimming** – When done with focus, this low-impact activity incorporates steady and repetitive movements that can help you connect mind and body.
4. **Walking** – The easiest form of exercise, your daily stroll can become a meditative practice simply by walking with intention, being aware of your breath and recognizing how your weight shifts from one foot to the other.
5. **Daily Tasks** – Ordinary tasks can transform from mundane to an intentional practice. Instead of performing daily chores on “autopilot,” focus on the task as well as your intention behind each task.

FROM FABI'S KITCHEN

STRAWBERRY SPRING SALAD

Ingredients

For the Salad:

6 cups Spring Mix Salad
 1 cup Strawberries sliced
 1 cup Red Grapes halved
 1/2 cup Store bough candied walnuts or pecans or plain walnuts
 2 Tbsp Dried Cranberries chopped
 1/4 cup Feta Cheese crumbled (or blue cheese if preferred)

For the Dressing:

1/4 cup Extra Virgin Olive Oil
 1 large Lemon juiced (about 3 Tbsp)
 2 tsp Honey or Maple Syrup
 1 tsp Dijon Mustard
 Salt and pepper to taste

Instructions

1:

To Make the salad:

In a large salad bowl, combine SPRING MIX, STRAWBERRIES, GRAPES, WALNUTS, CRANBERRIES, and FETA CHEESE. Cover and refrigerate until ready to serve

2:

To Make the dressing:

Lemon Dijon Vinaigrette

In another mixing bowl, whisk (or blend) OLIVE OIL, LEMON JUICE, HONEY, DIJON, salt and pepper to taste

Refrigerate in an airtight container until ready to serve.

When ready to serve, toss salad with vinaigrette and enjoy.



I CANNOT CONTROL

(So, I can LET GO of these things.)

OTHER
PEOPLE'S
MOTIVES

THE AMOUNT OF
TOILET PAPER
AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS & GRACE

PREDICTING
WHAT WILL
HAPPEN

IF OTHERS FOLLOW
THE RULES OF
SOCIAL
DISTANCING

HOW OTHERS
REACT



TheCounselingTeacher.com
Clipart: Carrie Stephens Art

COPING WITH STRESS DURING INFECTIOUS DISEASE OUTBREAKS

San Mateo County Health supports the wellbeing of our County family, friends and colleagues. When you hear, read, or watch news about an outbreak of an infectious disease, you may feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low or no risk of getting sick. These signs of stress are normal and may be more likely in people with loved ones in parts of the world affected by the outbreak. During an infectious disease outbreak, care for your own physical and mental health and reach out in kindness to those affected by the situation.

What You Can Do to Help Cope with Emotional Distress

1. MANAGE YOUR STRESS

- Stay informed. Refer to credible sources for updates on the local situation.
- Stay focused on your personal strengths.
- Maintain a routine.
- Make time to relax and rest.

2. BE INFORMED AND INFORM YOUR FAMILY

- Become familiar with local medical and mental health resources in your community. Attend community meetings for resources/education.
- Avoid sharing unconfirmed news about the infectious disease to avoid creating unnecessary fear and panic.
- Give honest age-appropriate information to children and remember to stay calm; children often feel what you feel.

3. CONNECT WITH YOUR COMMUNITY

- Keep contact with family and friends.
- Join community and/or faith groups.
- Accept help from family, friends, co-workers and clergy.
- Reach out to neighbors and friends with special needs who may need your help.

4. REACH OUT AND HELP

- If you know someone affected by the outbreak, call them to see how they are doing, and remember to keep their confidentiality.
- Consider an act of kindness for those who have been asked to practice social distancing, such as having a meal delivered or offering to drop off homework at their doorstep.
- Locate and volunteer at a charity or organization near you.
- Encourage friends and family to get involved with you.

5. BE SENSITIVE

- Avoid blaming anyone or assuming someone has the disease because of the way they look or where they or their families come from.
- An infectious disease is not connected to any racial or ethnic group; speak up in kindness when you hear false rumors or negative stereotypes that foster racism and xenophobia.



Be Proactive!

- Stay informed with information from credible sources.
- Stay connected with friends, family, and community groups
- Help others in need by volunteering and donating time and resources to trusted organizations
- Keep a positive attitude

Resources

San Mateo County Health
Behavioral Health & Recovery
Services Access Call Center
1(800) 686-0101
TTY: 711

smchealth.org

Consider seeking professional help if you or a loved one is having difficulty coping.



REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 ga
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



LAUGHING YOUR WAY TO BETTER HEART HEALTH

It should come as no surprise that negative emotions like anger, depression and anxiety can have an adverse effect on your heart and overall health. But did you know that positive emotions and attitudes like happiness and having a well-developed sense of humor can significantly decrease your risk of heart disease or a debilitating cardiac event? In fact, recent studies have demonstrated that laughter can actually reduce arterial inflammation and improve blood flow to the body, easing your heart's workload in the process. Here are a few ways looking at the lighter side of life can make your heart both healthier and happier.

Stress Slasher – When you laugh, your brain releases feel-good chemicals called endorphins that help you to relax and banish stress. Endorphins can also protect your heart by helping reduce your blood pressure.

Immunity Booster – Laughing increases the number of antibody-producing cells in the body, resulting in a stronger immune system. If you do get sick, your body is much more efficient at getting you healthier, faster!

Balancing the Scales – Laughing more can help you maintain a healthy weight, and by extension, a healthy heart. Not only does having a good laugh banish the stress hormones that cause weight gain, but you burn quite a few calories in the process!

Keeping the Flow – Laughter causes the release of nitric oxide, a chemical that dilates blood vessels and increases the flow of oxygen-rich blood throughout your body, improving muscle and brain function, and relieving stress on your heart.



Do you dream of seeing the Mona Lisa and Venus de Milo? Are you a lover of art? Did you know the Louvre just put it's entire art collection online for FREE!

Head to the **Louvre's Collections Page** to view over 480,000 works of art whenever you'd like. Go directly to see the piece you're interested in without fighting the crowd, browse the entire collection by theme or aimless wander the Louver's hall in person using the interactive map feature. An the database will be continually updated to reflect new works so you'll be fist in line to see them!

**Did you know if you have
San Bruno CityNet
(San Bruno Cable channel 19) there
are free daily exercise classes?**

**8:30am Yoga
9:00am Stretching
9:30am Sit & Fit**

PUZZLE ANSWERS

- Rebus Solutions:
1. Adding insult to injury
 2. A bit under the weather
 3. The ball is in your court
 4. Let the cat out of the bag
 5. Beat around the bush
 6. No on to blame
 7. Yellow belly
 8. Take from the rich and give to the poor
 9. Three blind mice
 10. A green eyed monster